



Leading Causes of Injuries in Construction (How Workers Get Hurt)

Although our goal is "0 Injuries" and workplace injuries have decreased in recent years and, even though workers are better trained than ever, we still have the possibility of work related injuries. Knowing that, if we look at the types of injuries that are the most common in the construction industry we can take steps to avoid those injuries and hopefully reduce work related injuries even more.

Back

In 2007 there were over 200,000 work related back injury cases nation wide. (*Ranging from a sore back to the more serious, such as spinal injuries*) Back injuries are usually caused by lifting too heavy of a load or lifting improperly.

Remember to always keep the load as close to your body as possible and lift with your legs. If it's too heavy or awkward, get help or use a piece of equipment.

Coming Into Contact With (*Hitting or Striking Against*)

The second most common cause of worker injury is being hit by or hitting against an object. The best way to protect against these accidents is to be alert to the potential hazards and to use appropriate protective equipment (hard hats, eye protection, gloves). Be aware of your body and the space around you. Give yourself enough clearance when passing by or ducking under equipment or going through a passageway.

Falls

To avoid injuries from falls, be sure that your footing is firm and wear slip-resistant soled shoes. Watch where you're walking. Don't walk backward to direct equipment or leap from one level to another. Make sure you can see over the load you carry and that walkways are well-lighted and clear of obstacles. Clean up spills or grease spots and use handrails when walking on stairs.

Machine Accidents

The fourth major cause of on-the-job injury is machine-related accidents, that is, getting caught by moving machine parts. When working around any moving equipment (a machine that rotates, slides, or presses) always use safety shields, guards, and lock-out procedures. Only work on a machine that you have been trained to use. Never wear jewelry or loose-fitting clothing that could get caught in the moving equipment. Be alert to the hazards you face on your job and learn what you should do to protect yourself against accidents and injuries and follow your company's established safety guidelines.

Points To Remember:

- Use safe lifting techniques
- Be alert to what is around you. Don't let yourself get into a position where you may be struck by equipment or material.
- Watch where you are walking and keep your area clear of debris.
- Moving parts can catch on loose clothing.

Meeting Conducted By: _____

Date: _____

Comments: _____

Attendees:

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